

The Pulse



St. Agnes Council 15344
Knights of Columbus

"You will be Brothers: Our Vocation to Fraternity"
January 2020

IN THIS ISSUE

Birthdays and Wedding
Anniversaries

Council Officers

Prayer Intentions

Chaplain's Message

Membership Anniversaries

Field Agent's Message

Upcoming Degrees

Council Calendar of Events

Saint of the Day

Crab & Tri-Tip Dinner Flyer

16th Annual West Coast Walk
for Life Flyer

Memorial Brick Order Form

A Message to Recruiters from the Supreme Knight

Time and again, I have stressed that we have nothing less than a moral obligation to offer membership in the Knights of Columbus to every eligible Catholic man. To accomplish this, I am asking dedicated brother Knights like you to be ambassadors, to reach out to Catholic men and their families, and invite them to become part of our Order.

The Servant of God Father Michael J. McGivney founded our Order more than 137 years ago, and yet we have only just begun to realize our true potential. New members are essential to our success; the Order's tomorrow depends on our recruitment today!

We must be creative in our recruitment efforts, and I am pleased to promote an exciting web site feature that we hope will facilitate membership recruitment. Please visit the ***Why Join?*** feature of the Supreme website (www.kofc.org/un/joinus/en/index.html) and see how it can help in your recruitment efforts. This multimedia presentation offers powerful testimonials from Knights like you about their experiences in the Order.

Please encourage prospective members and their families to visit the ***"Why Join?"*** feature at their convenience and in the comfort of their own homes. In so doing, they can see why being a Knight of Columbus truly is an experience of a lifetime.

Thank you in advance for your efforts to bring new members into our ranks. Working together, I am confident that the Knights of Columbus will continue to thrive as the preeminent lay Catholic organization in the world.

Carl Anderson
Supreme Knight



BIRTHDAYS

January

- 9 – Michael Marshall
- 13 – Isaac Farias
- 18 – Mark Longhi
- 21 – John York
- 27 – Arthur O’Keefe

WIVES’ BIRTHDAYS

- 1 – Chris McDermott (Mike)
- 1 – Mary O’Keefe (Arthur)
- 30 – Veronica Peery (Sumner)

WEDDING ANNIVERSARIES

David & Christine Wood – January 6, 1996 (24 yrs)

Gary & Sue Downs – January 15, 1983 (37 yrs)

Council Officers / Columbian Year 2019-2020

- Grand KnightSK King Bunyi.....510-427-3596
- ChaplainFr. Johnson Abraham510-557-9845
- Deputy Grand KnightOpen
- ChancellorOpen
- WardenCheng-Feng Tsai925-890-0353
- Recorder.....SK Mike McDermott.....925-676-2384
- Financial Secretary.....Gary Downs.....925-825-4409
- Treasurer.....SK Richard Milward PGK925-699-5852
- Lecturer.....Deacon Tony Reyes.....925-671-0134
- AdvocateSK David Wood PGK925-458-0888
- Inside Guard.....Patrick Monahan.....925-864-9867
- Outside Guard.....Wayne Schafer925-323-6518
- One-Year TrusteeSK Carlos Garcia PGK.....925-680-2814
- Two-Year Trustee.....John Wright.....925-798-5962
- Three-Year TrusteeSK Frank Mazzuca PGK.....925-381-5624
- Supreme Field Agent.....Alex Torres-Esquivel.....925-384-9783
- District DeputySK David Schwartz PGK510-325-7810

The positions of Deputy Grand Knight and Chancellor remain open. The only qualification for these positions is that you must be a Third-Degree Knight. For more information, contact GK King Bunyi.



PRAYER INTENTIONS

Physical healing:

- Bro. Ron Artale (heart surgery) and his son
- Bro. Paul Murray (surgery)
- Bro. Ed Chatterton
- Bro. Joaquin Campos
- Bro. Neal Campanelli
- Bro. Octavio Padilla
- Bro. Tom Kisak
- Bro. Ray Doorack's son and grandson
- Bro. John Wright's brother Larry
- Bro. Claire Tryon and Brother Ed Burgess (St. Bonaventure)
- Bro. Gary's sister in-law Julie
- Bro. Neil Cuffy
- Deacon Jim Pearce
- Bro. David's daughter Sarah, his father Stan, his brother Hal (car accident), and Aunt Marianne (spine surgery)
- Zachary Puntty, son of Bro. Mike of QAS (car accident)
- Bro. Carlos Gutierrez mother in law
- Bro. Daniel Barrington (hospice)
- Bro. Tex's sister in law Alicia E. Banzos
- Bro. Jorge Garcia
- Bro. Norm Andrews
- Bro. Tom McEachran (stroke)
- Bro. Ed Lee's sister Marian (cancer)

Special Intentions of:

- Bro. King and for his father's conversion
- Bro. Walt Hubrig
- Inmates at Martinez Detention Facility
- Patricia Viscay

Chaplain's Message

Have you made any New Year's resolutions? If not, there's still time, and Pope Francis has some ideas for you.

These are the ten things that he called upon Vatican employees to do:

1. Take care of your spiritual life, your relationship with God, because this is the backbone of everything we do and everything we are.
2. Take care of your family life, giving your children and loved ones not just money, but most of all your time, attention, and love.
3. Take care of your relationships with others, transforming your faith into life and your words into good works, especially on behalf of the needy.
4. Be careful how you speak, purify your tongue of offensive words, vulgarity and worldly decadence.
5. Heal wounds of the heart with the oil of forgiveness, forgiving those who have hurt us and medicating the wounds we have caused others.
6. Look after your work, doing it with enthusiasm, humility, competence, passion and with a spirit that knows how to thank the Lord.
7. Be careful of envy, lust, hatred, and negative feelings that devour our interior peace and transform us into destroyed and destructive people.
8. Watch out for anger that can lead to vengeance; for laziness that leads to existential euthanasia; for pointing the finger at others, which leads to pride; and for complaining continually, which leads to desperation.
9. Take care of brothers and sisters who are weaker...the elderly, the sick, the hungry, the homeless, and strangers, because we will be judged on this.
10. Making sure your Christmas is about Jesus and not about shopping.

It's a good list: it's clearly rooted in Catholic teachings, but presented in a way that non-Catholics can embrace (I discovered this list via a Protestant friend who had posted it on Facebook, in fact). And I think that all of us can find on this list at least one or two resolutions that speak to areas in which we really need to grow.

Hope this helps, and happy New Year!

Fr. Johnson Abraham
Chaplain



MEMBERSHIP ANNIVERSARIES

Tex Alimpos

– Jan 1, 1968 (52 yrs)

Edward McGuirk

– Jan 4, 1972 (48 yrs)

Richard Spahl

– Jan 11, 1983 (37 yrs)

Norman Andrews

– Jan 15, 1991 (29 yrs)

Paul Duckart

– Jan 4, 2000 (20 yrs)

Kevin Keeler

– Jan 31, 2011 (9 yrs)

Thomas O’Sullivan

– Jan 16, 2012 (8 yrs)

Mario Soto

– Jan 6, 2018 (2 yrs)

John York

– Jan 6, 2018 (2 yrs)

Field Agent’s Message

KNIGHTS OF COLUMBUS LONG-TERM CARE INSURANCE:

PROTECT YOUR ASSETS. GET QUALITY CARE. PREPARE FOR THE FUTURE.

What is it?

Long-term care insurance helps you pay for your extended medical needs in a nursing home facility or in the comfort of your own home.

Who needs it?

Long-term care insurance should be an important part of every family’s planning. While we’d like to think that we will never need long-term care, or that we could easily afford it, statistics suggest otherwise:

- 70 percent of people over age 65 will need some type of long-term care services during their lifetime.[1]
- 3 years is the average duration of long-term care needed per individual.[2]
- \$128,115 is the average annual cost of private nursing home care.[3]
- \$94,640 is the average annual cost of at-home nursing care.[4]

Traditional medical insurance and government medical insurance programs don’t usually provide enough help. According to the Department of Health and Human Services, Medicare only pays for long-term care services for a maximum of 100 days, with a copay after the 20th day, and only if you meet certain criteria. Medicaid pays for long-term care, but only if your income is below a certain level.[5]

How does it work?

Knights of Columbus Long-Term Care insurance policies establish a pool of money (the maximum lifetime benefit), which is determined by several options that you choose from (see below). That pool of money is then available for you to use to cover qualified long-term care expenses.

The Knights of Columbus also offers a spousal discount program, through which spouses who apply for long-term care insurance coverage together are eligible for up to a 30 percent discount.

What options do I have?

Coverage Type

- *Comprehensive Coverage* – Comprehensive long-term care insurance allows you to use the policy to help cover expenses at home or in a skilled nursing facility.

(Continued on page 6)



UPCOMING DEGREES

Admission (1st) Degree:

- None scheduled – Watch for email announcements or check council calendar: www.koc15344stagnes.org

Formation (2nd) Degree:

- Saturday, January 18 – St. Elizabeth Seton, Pleasanton. Registration 9:00 AM. Exemplification 10:00 AM.

Knighthood (3rd) Degree:

- Saturday, January 18 – St. Elizabeth Seton, Pleasanton. Registration/Lunch 11:30 AM. Exemplification 12:30 PM.

Patriotic (4th) Degree:

- None scheduled – Watch for email announcements or check council calendar: www.koc15344stagnes.org

Council Calendar of Events

January 1	New Year's Day – Holy Day of Obligation. Masses: New Year's Eve, 5 PM; New Year's Day, 9 AM.
January 2	Knights Adoration Hour, 5 PM, Chapel.
January 3	First Friday Fish Fry, 5:30 PM, Parish Hall.
January 4	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
January 4-5	<i>Stop by and help sell Crab Dinner tickets at the table after each Mass.</i>
January 6	Council Officers Meeting, 7 PM, Ministry Center.
January 8	Todos Santos Assembly Meeting, 7:30 PM, St. John Paul II Room, St. Francis of Assisi Church. Dinner served at 6:30 PM, followed by Rosary at 7 PM.*
January 9	Knights Adoration Hour, 5 PM, Chapel.
January 11	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
January 12	Pancake Breakfast, after 9 and 11 AM Masses, Church Hall.
January 11-12	<i>Stop by and help sell Crab Dinner tickets at the table after each Mass.</i>
January 16	Knights Adoration Hour, 5 PM, Chapel.
January 18	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
January 18	Crab & Tri-Tip Dinner, 6 PM, Parish Hall.
January 20	Council Business Meeting, 7:30 PM, Parish Hall. Dinner served at 6:30 PM, followed by Rosary at 7:15 PM.
January 23	Knights Adoration Hour, 5 PM, Chapel.
January 25	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
January 25	16 th Annual Walk for Life West Coast, San Francisco Civic Center Plaza; 11 AM - Info Faire; 12:30 PM - Rally.
January 30	Knights Adoration Hour, 5 PM, Chapel.

* Fourth Degree Knights only may participate in this event.



SAINT OF THE DAY

January

- 1 – Solemnity of Mary, Mother of God
- 2 – Sts. Basil the Great and Gregory Nazianzen, Bishops and Doctors
- 3 – The Most Holy Name of Jesus
- 4 – St. Elizabeth Ann Seton, Religious
- 5 – St. John Neumann, Bishop
- 6 – Epiphany of the Lord
- 6 – St. André Bessette, Religious
- 7 – St. Raymond of Penyafort, Priest
- 13 – Baptism of the Lord
- 17 – St. Anthony of Egypt, Abbot
- 20 – St. Fabian, Pope and Martyr
- 20 – St. Sebastian, Martyr
- 21 – St. Agnes, Virgin and Martyr
- 23 – St. Vincent, Deacon and Martyr
- 22 – Day of Prayer for the Legal Protection of Unborn Children
- 23 – St. Marianne Cope, Virgin
- 24 – St. Francis de Sales, Bishop and Doctor
- 25 – The Conversion of St. Paul, Apostle
- 26 – Sts. Timothy and Titus, Bishops
- 27 – St. Angela Merici, Virgin
- 28 – St. Thomas Aquinas, Priest and Doctor
- 31 – St. John Bosco, Priest

Field Agent's Message (Continued from page 4)

- *Facility-Only Coverage* – Facility-only long-term care insurance helps cover expenses in a skilled nursing or assisted living facility.

Benefit Period

Establish a maximum lifetime benefit designed to help cover 3, 5, or 10 years of long-term care expenses. If benefits are used at a lower rate, then benefits can extend beyond the benefit period.

Daily Benefit

Working with your Knights of Columbus field agent, you establish the daily benefit amount that the policy provides, based on your budget and your projected need. Your daily benefit amount, combined with your benefit period, will determine your maximum lifetime benefit, all of which will affect your premium.

Elimination Period

Long-term care insurance policies come with an elimination period, which serves as your deductible or out-of-pocket amount. You can select a 30, 90, or 180-day one-time, lifetime elimination period, after which time your benefits will begin to be paid.

Additional Features and Benefits

Many special features and benefits – often called riders – are available on Knights of Columbus long-term care insurance products. An example is the compound inflation rider, which will increase your maximum lifetime benefit annually.

Contact me today to learn more about our long-term care insurance products and the safety and security that we can help provide.

Alex Torres-Esquivel

Field Agent

925-384-9783

Alex.torres-esquivel@kofc.org

[1] U.S. Department of Health & Human Services Clearinghouse for Long-Term Care Information.

[2] *Ibid.*

[3] *2019 Cost of Care Survey*, Genworth. Data for Vallejo, CA area.

[4] *Ibid.* Based on 56 hours of care per week.

[5] U.S. Department of Health & Human Services.



Crab & Tri-Tip Dinner
(Fresh Dungeness Crab)

Hosted by the Knights of Columbus

Saturday, January 18, 2020

St. Agnes Church Hall
3966 Chestnut, Concord, CA

No-host Cocktails at 6 pm

Dinner served at 7 pm

Price is \$50 each

Tickets will be on Sale after all Masses 12/28, till 1/12

Tickets will also be available in the Ministry Center 12/30 – 1/15

Or by contacting:

David Wood (925) 207-0270, email: david@koc15344stagnes.org

NO TICKETS WILL BE SOLD AT THE DOOR.

Tickets will not be sold after January 15, 2019

Checks to be made out to "Knights of Columbus #15344"

Menu:

Hors d'oeuvre, Sliced Bread, Salad, Pasta, Tri-tip and Dungeness Crab!

Children (4-11) \$5 No "CRAB" dinner

Children (under 3) No Charge

Portions of the profit from this dinner will help benefit:
*St. Agnes Parish, support Seminarians, Share food pantry
and other local charities.*

Because Women Deserve Better than Abortion.®

WALK for LIFE

WEST COAST

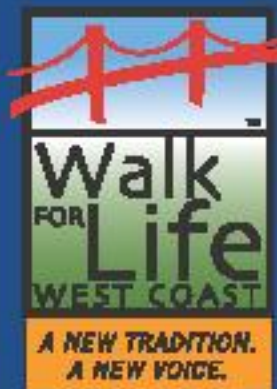
2020

16TH ANNUAL



Saturday, January 25 • CIVIC CENTER PLAZA • San Francisco

Rally: 12:30PM
CIVIC CENTER PLAZA
Info Faire: 11:00AM
Saturday, January 25, 2020



Rally starts at Civic Center Plaza, walking down Market Street (2 miles). Ends at Embarcadero Plaza/Ferry Building.

BART stations at both locations. Ample parking.



Register and info:
415/658-1793 | email: info@WalkforLifeWC.com

WalkforLifeWC.com

LEAVE A LASTING LEGACY... St. Agnes Parish Memorial Brick Order Form



Dear Parishioners,

St. Agnes Parish Catholic Community and St. Agnes Council 15344 of the Knights of Columbus are pleased to offer you and your family the opportunity to purchase engraved memorial bricks to be placed in front of the Parish's new *Memorial to the Unborn*, which will be located next to the statue of Mary.

The *Memorial for the Unborn* will become an important part of our Parish's history and a lasting tribute for loved ones and the engraved memorial bricks are a special way to honor your children, grandchildren, parents, special friends, as well as memorialize your loved ones.

The cost of each 4"x 8" brick is just \$50 and includes your personalized message of up to three lines engraved using state-of-the-art laser technology, ensuring long-lasting strength and durability in the engraving. Ordering is three easy steps...

STEP 1: Create the message for your brick:

- ◆ You may use any combination of lower and UPPER case letters.
- ◆ Bricks may contain up to three lines of 20 characters per line.
- ◆ Character count includes all letters, numbers, punctuation, and spaces.
- ◆ The example below has a total of 19 characters (15 letters, 1 punctuation mark, and 3 spaces.)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Example –	T	h	e		R	.		S	m	i	t	h		F	a	m	i	l	y	
Please print clearly	Line 1 –																			
	Line 2 –																			
	Line 3 –																			

STEP 2: Fill-in your information:

Name: _____ Phone: _____

Address: _____ Email: _____

City, State, Zip: _____

STEP 3: Mail this form and your check:

Please make your check (\$50 per brick*) payable to *Knights of Columbus Council 15344* and mail with this order form to:
Gary Downs, 1756 Bishop Dr., Concord, CA 94521-2022. (*Each brick requires a separate order form.)

- ◆ We will submit all brick orders for engraving at one time once we have received orders for 100 bricks.
- ◆ We will use your phone/email only for keeping you informed of progress or if we have questions.

For questions contact: Carlos Garcia, 925-250-8969 or cmgarcia@astound.net